

Stress Management:

Special Considerations for Emergency Services, Rescue and
Recovery Personnel in Disaster, Mass Violence and Other Critical Incidents

Satellite Conference

Wednesday, August 17, 2005 • 2:00-4:00 p.m. (Central Time)

3:00-5:00 p.m. (Eastern Time) • 1:00-3:00 p.m. (Mountain Time) • 12:00-2:00 p.m. (Pacific Time)

The psychological consequences of disasters can be very difficult on everyone. The effects on first responders and emergency personnel demand that mental health professionals mitigate disaster worker stress and be organized with a unique approach to provide interventions early and on-site, as well as follow-up. This program will address responses to stressors and stress management techniques that can be used by mental health professionals to assist emergency responders who are often faced with long hours, the suffering of others, and extreme fatigue.

Faculty:

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New York State Office of Mental Health
New York City, NY

Conference Details:

Target Audience: Emergency services, rescue and recovery personnel, and public and mental health professionals, paraprofessionals, interns, students and indigenous staffs who will be called to address mental health concerns in the face of incidents that cause a high exposure to traumatic events, especially man-made violence causing death, severe injury and gruesome effects.

CEUs: Nurses (2.1); Social Workers (1.75).

CEs: LPCs and Psychologists (2).

Registration: www.adph.org/alphtn

Cost: No cost to view.

Satellite Technical Information: This program will be a live satellite broadcast on both Ku & C bands. You will need a satellite downlink system to view this program.

Webcast Information: This program will be available as an on-demand webcast approximately two days after the live satellite broadcast. To access this webcast, www.adph.org/alphtn

Conference Materials: Posted on website approximately one week before the program. If you have questions that you want addressed during the conference, you may fax or email those questions and a response will be given during the program.

Email: alphtn@adph.state.al.us or Fax: 334-206-5640

Program Objectives:

- Learn the significant differences that helping professionals experience as part of their everyday exposure to highly stressful and often traumatic incidents and how their approach to stress reduction requires a unique and tailored approach.
- Learn the basic physiological responses of the human body to various environmental and emotional stresses. Participants will have the ability to differentiate between normal, healthy stress, environmental stressors and emotional stressors both endogenous and reactive.
- Understand the autonomic responses to various stressors and the cognitive reactions that reinforce the occurrence of physical reactions without the benefit of thought processing.
- Learn the ability to regulate the autonomic response to stressors with increased awareness, modeling and practice of regulatory approaches to controlling stress responses.
- Learn and practice various techniques of stress awareness, regulation of stress responses and the cognitive behavioral methodology of stress management.
- Learn and practice various, effective, traditional breathing and progressive relaxation methods from the 3 minute to 20 minute models.
- Learn about the self-hypnotic method of stress reduction.
- Practice skills in developing tailored methodologies to address their unique styles of reacting to stress, mitigating its effects and avoiding the development of severe stress responses.

The Alabama Department of Mental Health/Mental Retardation is recognized by the National Board of Certified Counselors (NBCC) to offer continuing education for National Certified Counselors. We adhere to NBCC Continuing Education guidelines. The Alabama Department of Mental Health/Mental Retardation is approved by the American Psychological Association (APA) to offer continuing education for psychologists. The Alabama Department of Mental Health/Mental Retardation maintains responsibility for this program. This program is offered for 2 contact hours.